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The Bond Briefing

The Science and Art of Living the Way Nature Intended

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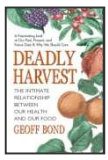

Rational, evidence-based comment for an intelligent general public and for all health professionals. Independent of commercial pressure, we say exactly what we think.

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Human Behavior

Childhood: Forager Indulgent or Modern Discipline? Part II

Last month we saw how forager societies are very indulgent with child upbringing…

Halfway around the world, evangelical missionary Daniel Everett observed the same indulgence in the Pirahã, a remote band of Indians in the Amazon rainforest [1].

Unbelievably Everett took his young family with him into the jungle to live among the Pirahãs. A moment came to discipline his young daughter, Shannon. Everett relates:

" …because of my Christian parenting framework, I thought that corporal punishment was appropriate… following the Biblical injunction that "to spare the rod is to spoil the child".

I got a switch and … Shannon started yelling that she didn't need a spanking.

The Pirahãs came quickly: "What are you doing, Dan?" a couple of women asked.

'I'm, uh, well, …' Hmm. I didn't have an answer. What the hell *was* I doing?

'My dad is going to hit me …', Shannon told the Pirahãs.

Pirahã children and adults came running behind me… I was defeated. No more spankings around the Pirahãs. Pirahã mores won out."

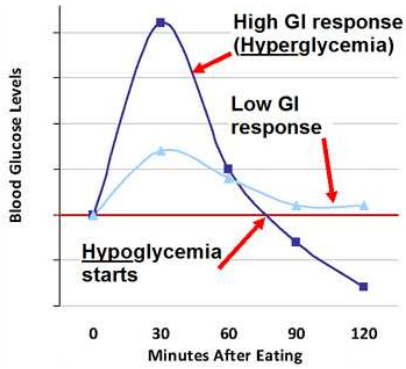
Continued: Page 4. Everett finds that the Pirahã are 'better adjusted'.

Question

Low Blood Sugar: Time to Slump

Q. *If I eat a high glycemic meal, how long does it take for hypo-glycemia to set in? I am healthy and not diabetic.*

A. Below are typical graphs for blood glucose response to a high glycemic meal (dark blue), and a low glycemic meal (light blue).



Typically, the state of hypo-glycemia begins between one and two hours after consuming the high GI meal.

However, some foodstuffs are quicker: a pint of cola classic will get you there in 30 minutes.

Either way, that is when you get the classic symptoms: sleepiness (postprandial slump), sugar cravings, headaches, weakness, irritability and so forth.

Under normal circumstances the state of hypoglycemia wears off after a further two hours.

Briefing: Bonus Supplement

Shopping List: Foods Categorized by Traffic-light Listing

In this issue, we attach this handy shopping list in pages 5 & 6. You can also download it from us: http://bit.ly/bond-foods.

Question

Palm Oil: Friend or Foe?

Q. *Should I be worried that palm oil, which is a saturated fat, is now so prevalent in what we eat?*

A. Probably yes. But first there is an ethical question. The palm oil comes from the "oil palm" species. Whole swathes of richly bio-diverse tropical rainforest in Malaya and Indonesia are being laid waste to install oil palm plantations (above). It is terrible news for the endangered species, especially orangutans.

Palm oil consists of two main fatty acids: 40% is the mono-unsaturated oil oleic acid (as in olive oil), and 50% is the dreaded palmitic acid, the saturated fat which makes most red meats, especially pork, so heart harmful.

However, all is not what it seems. For a start, like in an oil refinery, manufacturers separate the palm oil into the two types of oil.

Fast food outlets are beginning to use the 'good' oleic acid for deep frying – which is a move in the right direction. Hey. It's like the masses can now get their Mac-Donald's fries done in olive oil!

But you are right about the palm fat. Fake-food manufacturers love it for being solid at room temp-erature… **Cont:** Page 2.

Recipe

Cauliflower Risotto

Yield: 4 servings (main dish)

Sounds like a contradiction – a rice-free risotto!

Here the finely chopped cauliflower gives the same look, feel and taste of a classic risotto. This dish has lashings of wonderful vegetables and herbs too. Eat as much as you like!

olive oil spray
4 large cloves garlic
1 medium onion (about 4 ounces)
2 celery stalks (about 2 ounces)
1 green pepper (about 5 ounces)
1 red pepper (about 7 ounces)
5 green onions, chopped finely
1 cauliflower head (about 2 pounds)
1 bay leave
1½ teaspoons thyme
10 drops Tabasco sauce
½ teaspoon ground cumin
2 cups (about ½ liter) chicken broth
freshly ground black pepper to taste

1. Spray a large frying pan with the oil.
2. Meanwhile chop the garlic and onion, in a food processor, using the blade. Transfer to the heated frying pan and sauté until soft.
3. Now chop the celery, green and red pepper (each of the items separately) in the food processor, using the blade and, transfer to the frying pan.
4. Add the green onions and sauté all together for about 10 minutes.
5. Meanwhile in your food processor (using the blade) chop the cauliflower to the grainy texture of rice.
6. Add the cauliflower to the vegetable mixture in the pan.
7. Stir in the bay leaf, thyme, Tabasco, and cumin. Add the chicken broth and pepper to taste.
8. Cover and simmer over medium heat for about 30 minutes. Stir a few times and cook uncovered for the last 5 minutes. The liquid should be evaporated and the cauliflower still be slightly crunchy.

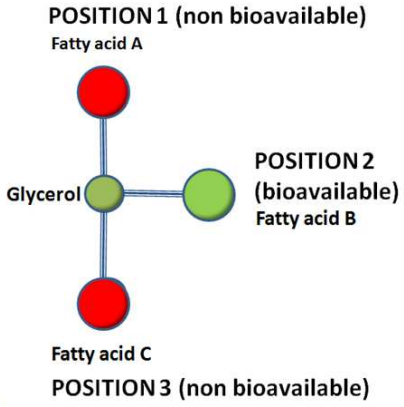
Questions

Palm Oil: Friend or Foe?
(Continued from page 1)

…This gives flavor and texture to so many food products. They use it to pop corn in movie theatres; they use it in a whole variety of cakes, pastries, candies, chocolates and other processed foods.

But often we don't even know that palm fat is there. Most jurisdictions allow manufacturers to describe it only as 'vegetable oil'.

Should we worry? Curiously, palm oil has a get-out-of-jail-free card: the structure of the triglyceride molecule. [More in *Deadly Harvest*, Chapter 4, page 107].



Most of the palmitic acid (82%) is parked harmlessly in positions 1 and 3 of the triglyceride molecule, where the body can't get at it. In this regard it joins *cocoa butter* and *coconut oil* (see next item) as being relatively benign.

Even so, the jury is out. Left to itself, palm oil will cause thromboses and cancer. However, its natural antioxidants, beta-carotene and vitamin E, combat this leaning [2].

On the other hand OXIDIZED palm oil (as a result of refining) is common and it does bad things: it produces a bad fatty acid profile in the blood, and it is toxic to kidney, lung, liver, heart and sex-cells [3].

Moreover, we have to be ware of the food chemists monkeying around with the triglyceride molecule with a process known as 'interestification'.

They deliberately rework the oil to have more palmitic acid on position 2 (which is bad). Why? It improves 'mouth-feel'!

In sum:

- The palm's 'olive oil' fraction for deep frying should be OK.
- The palm's fat in processed foods is to be treated sparingly and with caution.
- If you are worried about the rain forest, shun palm oil altogether.

Coconut Oil Mania

Q. *Coconut oil is now highly promoted and lauded. Is it misleading hype or is it indeed healthful?*

A. I write about this often, most recently in July 2009 (which see).

The answer is equivocal. Its main component, the saturated fat, *lauric acid*, is uncommon and was not present in our ancestral environment.

Just like palm oil (see page 1), coconut oil has most of its saturated fat on positions 1 and 3 of the triglyceride molecule, where it cannot get up to much mischief (see previous item).

However, just like palm oil, some authorities find that coconut oil is not especially heart-healthy.

For example a study on hamsters found that, compared even to palm oil, coconut oil produced more total cholesterol, more triglycerides, more 'bad' LDL, and less 'good' HDL [4].

Other authorities, for similar and related reasons, advise against coconut oil [e.g. 5].

Our view? As with palm oil we don't give house-room to coconut oil. Why risk it?

However, many products, notably defatted coconut flour (see next item) and low-fat coconut milk, are within the safe zone and make useful additions to Nicole's recipes.

Oily Flours: Baking & Oxidation

Q. *Is coconut flour healthiest for baking? Aren't the fats in flax, chia and almond spoilt in baking?*

A. Coconut flour is arguably the best option, but the other ones are OK too.

Flax: The omega-3 in ground flax flour resists baking at 178°C [6]. In fact flaxseed is better cooked to neutralize the thyroid-harmful 'goitrogens' it contains. See: '*Thyroid Depressing Plants*', Oct 2008

Almond Flour: Almonds don't contain any fragile (omega-3) oils to speak of. They contain mainly omega-6 oils which resist heat well. So that's OK.

Chia Flour: Chia promoters claim that the flour resists baking well. It certainly contains powerful antioxidants which protect the fragile omega-3 from oxidizing in the heat. I have not yet found studies to confirm these assertions, but chia is probably OK too.

To Sum Up: All these flours are still candidates for baking, but the secret seems to be:

a) Keep the temperature below 180°C (350°F);
b) Keep baking time to no more than about 35 minutes;
c) Don't keep the baked products more than a week. (Not too difficult – they are so yummy!)

Reader Kim Lloyd (Nov 2009) has recipes for raw desserts, breads and crackers. That would neatly sidestep the problem! We hope to bring them to you in due course.

See also Kim's letter page 4.

Which Foods Best Raw?

Q. *What do you think of the raw food movement? Which fruits, vegetables and seeds do you think are better eaten raw?*

A. Curiously raw-foodists are obliged to make some good, paleo-conforming choices.

For example, it keeps them away from cereal grains and potato, neither of which can our bodies digest in the raw state.

It keeps them away from pulses like lentils, beans and soy which, raw, are all poisonous.

Many raw-foodists are vegans too so they don't consume dairy.

So far so good. However, fire has been part of our entire human existence. We know that foragers do, casually, roast foods in the embers, for example tubers, nuts and many animal parts.

But they almost always consume fruit raw – and I see this as right for us too. The plants we call salad vegetables are best eaten raw too.

Most vegetables can be eaten either way. However some like the brassicas (cabbage family), have goitrogens (see flax, previous item) which can be better cooked.

The same goes for flax seed which contains goitrogens too. Chia seed can go either way and sesame seed, in the form of sesame butter (tahini) is usually raw.

Living Enzyme Nutri-babble

Q. *Raw foodists talk about 'living enzymes' helping our digestion. What do you think of it?*

A. Not a lot. First of all, enzymes are simply chemical compounds and by no measure do they 'live'. They are chains of amino acids which do not eat, breath or reproduce.

Moreover, a scientific criterion for an 'enzyme' is that it is non-living: living organisms can't apply!

Secondly, why would anyone need help with their digestion? Most people on a western diet have atrophied gut function so I can imagine that a switch to raw is a challenge to their guts. But I doubt if enzymes will make any difference to that condition.

See '*Your Jaws are What You Chew* 'and *'Indigestible Fiber Intake*', August 2011.

Continued from Last Month

America's First People

Last month we looked at the hypothesis that the first humans, European 'Solutreans', arrived in North America by hugging the sea-ice from Europe at the height of the Ice Age some 15,000 years ago.

…But in the end, if this hypothesis has any foundation at all, it seems that Solutrean presence in America was minimal and the only lasting traces were the tell-tale, exquisitely crafted, spear points.

Some researchers have genetically analysed ancient Native American bones (before any possible admixture from modern settlers). The evidence strongly suggests that they had their origins in Siberia. There is no evidence of European DNA [7].

So if the Solutreans did get to North America and leave some artifacts 15,000 years ago, they didn't stay long.

It could be similar to the Greenland Vikings' experience. They surely went through similar perils as, in their long-boats, they hugged the Canadian sea-ice to find 'Vinland' in New England.

More on Vikings: Dec 2007; Nov 2010; Nov 2007.

They made encampments there some 500 years before Columbus. But they abandoned them after a few years, leaving some artifacts attesting to their presence - and confirming the truth of the tales told in the Viking Sagas.

What has this to do with tropical hunter-gatherer lifestyle? Not a lot – but this does bring into view larger observations such as the fact that climate is changing massively all the time – entirely without human intervention and on a scale quite beyond humans puny efforts to influence it.

And when you think about it, the Earth used to be a lot warmer than today. 45 million years ago there were trees all the way to the poles, and Alaska was covered in jungle. That's where its oil in the Arctic wastes comes from.

So let's by all means reduce our reliance on foreign oil: but prepare for warming, or cooling, anyway!

See also: *Climate Warming Cycles*, Nov 2007; *Opinion*, Dec 2007; *Climate Change and Humbug*, Jan 2008.

Viewpoints

Steve Jobs Dies of Cancer at 56

It's terrible to hear how younger people are now getting these fatal metabolic diseases. As I write, Steve Jobs has just succumbed in his mid-fifties.

My generation was a charmed one: it lived its formative years when unhealthy foods were rationed; when it was impossible to over-indulge; when meals were prepared from scratch at home; when convenience foods, junk foods and intensive farming were unknown; and when we walked or cycled everywhere.

I think that that is plenty enough to explain it. But also powerful chemicals came into use in farming and household products.

Scarily, pregnant mothers living today's way are wiring a generation of fetuses to a lifetime of ill-health and early death. That's the 'epigenetic' effect: see May 2009.

Has it doomed future generations to live poor ends and die young?

Self-Reliance to Feel Good

While in London I participated in a roundtable lunch at the think tank Reform. The debate was led by David Prout, the government's supremo in charge of decentralizing power to local communities.

The proceedings are privileged, but I can mention my points:

1. Throughout our evolutionary history, humans had much more control over their lives – crucially over their *livelihoods* [Jan 2010]. Today, people will feel better having control returned to them.

2. Bureaucracies become rigid, self-serving and captured by their employees. To adapt Aldous Huxley in his book, *Brave New World (1931)*: 'Bureaucracies create a Procrustean bed for man to lie on - and if mankind doesn't fit - then it is too bad for mankind!' [See Dec 2010].

Radically, bureaucracies need to be restructured to fit individuals, not the other way round. People will then feel better, especially if beadledom becomes less pervasive and invasive too..

3. Throughout evolutionary history, people had to take responsibility for themselves. People will feel better and government will be easier when it gets out of managing their lives.

As an example, the physician MP Phillip Lee M.D. has argued in Reform, Parliament and in The Times that the NHS must give back – and people take - responsibility for their health [8].

Letter

From Kim Lloyd, founder, Crendon Skin Clinic, UK.

"You Keep me Grounded"

"I am really glad to have changed my diet for the better and wouldn't have committed to the change without your constant scientific reasoning.

"My co-partner, Julie, is also completely on board now so we are officially a nutrition oriented clinic and we are constantly swapping recipe ideas with clients."

From Page 1

Human Behavior

Childhood: Forager Indulgent or Modern Discipline? Part II

…Over time, Everett came to believe that the Pirahã way of bringing up children was so much more wholesome. 'One gets no sense of teenage angst, depression or insecurity…'

The final irony is that Everett, who the Evangelical Church sent to convert the Pirahãs to Christianity, found himself converted AWAY from it by the Pirahãs.

He concludes: 'I would go so far as to suggest that the Pirahãs are happier, fitter, and better adjusted to their environment than any Christian or other religious person I have known'.

But where did the old ideas of child chastisement come from? Where did *Christianity* get it from?

Next Month: ancient civilizations' ideology to: "Suppress child willfulness and inculcate obedience by physical punishment" [9].

Web News

Body Conference Video Interview

At the conclusion of my lecture at The Body Conference I gave a video interview to David Williams, editor of *Body Language* - The UK Journal of Medical Aesthetics and Anti-Ageing.

The plan is to make the video, after suitable editing, available online within a couple of weeks.

I will also prepare an article with David for publishing in *Body Language*.

Huffington Post Article

Under the friendly auspices of communications consultant Richard Greene (see Greene Taboulé Sept 2011), I did an article for the online journal, Huffington Post, entitled: "*The REALLY Scary Thing About Halloween… SUGAR!*"

You can read it on my website here: http://bit.ly/sugar-htm

1 Daniel Everett, Don't Sleep, There are Snakes; Pantheon Books, 2008, ISBN 978-1846680403

2 Crit Rev Food Sci Nutr. 1992;31(1-2):79-102. Tropical oils: nutritional and scientific issues. Elson CE.

3 Plant Foods Hum Nutr. 2002 Fall;57(3-4):319-41. Palm oil: biochemical, physiological, nutritional, hematological, and toxicological aspects: a review. Edem DO.

4 J Nutr Biochem. 2005 Oct;16(10):633-40. Different palm oil preparations reduce plasma cholesterol concentrations… hyper-cholesterolemic hamsters. Wilson TA et al.

5 West Indian Med J. 2000 Jun;49(2):128-33. Fatty acid composition and possible health effects of coconut constituents. Pehowich DJ et al.

6 Journal of the American Oil Chemists' Society; Volume 71, Number 6, 629-632; Oxidative stability of flaxseed lipids during baking. Z. Y. Chen et al.

7 Probing deeper into first American studies; Tom D. Dillehay; PNAS; January 27, 2009; vol 106 no. 4 971–978

8 Personal correspondence. Online at: http://bit.ly/bond-lee

9 Abelow B; The Shaping of the New Testament Narrative and Salvation Teachings by Painful Childhood Experience; Archive of the Psychology of Religion; 33 (2011) 1-54.

1. GREEN-GREEN Superfoods	2. GREEN Good Foods	2. GREEN Good Foods	3. GREEN-YELLOW Borderline good	4. YELLOW Borderline not good	5. YELLOW-RED Avoid	6. RED Shun	6. RED Shun
VEG: NON-STARCHY beet greens broccoli Brussels sprouts cabbage, red cabbage, white cauliflower kale Swiss chard turnip greens **Herbs** parsley garlic ginger **EGGS** eggs, omega-3 **FISH, FINFISH** anchovy, unsalted carp cod livers cod liver pâté eel herring jack fish mackerel pilchards salmon sardine shark swordfish tuna, fresh bluefin only trout **FISH, SHELLFISH** clam oysters shrimp squid **NUTS** flaxseed hempseed	**VEG: NON-STARCHY** alfalfa sprouts artichoke asparagus avocado bean sprouts bell pepper bok choy celeriac celery chicory coleslaw cress cucumber egg plant endive fennel garlic green beans Jerusalem artichoke kohl rabi leeks lettuce mushroom okra onion green onion palm heart radish spinach sugar snap peas summer squash sweet corn, baby turnip water chestnut watercress zucchini courgette **Condiments** All other herbs vinegar, all kinds lemon juice	**FATS & OILS** **Plant Oils** almond cream mayonnaise, canola mayonnaise, olive oil olive oil palm oil, mono-unsaturated spread, canola spread, olive oil **SUGARS , SWEETENERS** **Confectionary** chocolate, 85% cocoa solids **BEVERAGES** almond milk cocoa, unsweetened tea, black tea, green tea, herbal wine, dry, red **EGGS** all other eggs incl: eggs, chicken eggs, duck **NUTS** all other nuts incl: almond brazil cashew filbert (hazelnut) macadamia pecan pine pistachio **POULTRY, FARMED** chicken, breast, no skin turkey, breast, skinless duck goose	**SEED PRODUCTS** Tahini (sesame seed butter) **VEG: NON-STARCHY** tomatoes **Condiments** mustard **Pickles** onions, pickled **Sauces** ketchup, made with fructose and canola **FRUITS** apple banana, green-tipped dates, fresh guava orange peach pear plum strawberry, cultivated **FATS & OILS** **Plant Oils** cocoa butter coconut cream coconut oil soybean oil **Animal Fats** duck fat goose fat **SUGARS , SWEETENERS** agave “nectar” fructose **Confectionary** chocolate,75% cocoa solids	**GRAIN SEEDS** barley, pearl pumpkin seed sesame seed **VEG: STARCHY** beets, red (beetroot) carrot, cooked yam (*Dioscorea*) **VEG: NON-STARCHY** **Condiments** curry, mild **Pickles** gherkins, low-salt olives, rinsed **Sauces** salsa, mild ketchup, regular **FRUITS** apricot, dried apricot, fresh banana, ripe custard apple grapes, red or white kiwi mango melon, cantaloupe melon, horned papaya pineapple watermelon persimmon (sharon, kaki) pomegranate prickly pear prunes **MEAT, offal** brains heart liver thymus	**GRAIN PRODUCTS** **Bakery** pumpernickel vollkornbrot black bread **Breakfast Cereals** All Bran oatmeal porridge **Pasta** Spaghetti (whole wheat) **STARCHY VEG** parsnip sweet potato (*Ipomoea batatas*) tapioca pumpkin rutabaga (swede) **VEG: NON-STARCHY** **Condiments** curry, medium **Pickles** sauerkraut gherkins, salty olives, salty **Sauces** salsa, hot **FRUITS** cranberries, sweetened dates, dried figs, dried prune juice raisins sultanas **DAIRY** cheeses, all kinds	**GRAIN SEEDS** barley, cracked bulgur wheat corn (maize) corn on the cob oat bran oats rice, brown rice, instant rice, white rye sweet corn (mature) wheat einkorn emmer wheat spelt **Pseudo Grains** amaranth buckwheat quinoa wild rice **GRAIN PRODUCTS** **Bakery** all, except col.4, incl.: bagel baguette bread, rye bread, wheat bread, white bread, whole wheat bread, buckwheat buns, generally cakes cookies crackers, water/wheat crispbread croissant Danish pastry gateaux muffin pastry, generally pizza, all kinds	**SUGARS, SWEETENERS** apple juice concentrate barley malt blackstrap molasses cane sugar date sugar fruit sugars golden syrup grape juice concentrate high fructose corn syrup honey, all except col. 5 invert sugar malt maple syrup molasses sugar, all including: sugar, brown sugar, icing, frosting sugar, table treacle **Sugar Aliases & Variants** dextrose galactose glucose lactose levulose maltodextrin maltose saccharose sucrose **CONFECTIONARY** candies chocolate (except cols. 2,3) energy bars fudge granola bar jelly beans life savers M&Ms

SHOPPING LIST BY TRAFFIC LIGHT CODING

From totally conforming (column 1) to totally non-conforming (column 6)

www.geoffbond.com
geoff@geoffbond.com

1. GREEN-GREEN Superfoods	2. GREEN Good Foods	2. GREEN Good Foods	3. GREEN-YELLOW Borderline good	4. YELLOW Borderline not good	5. YELLOW-RED Avoid	6. RED Shun	6. RED Shun
walnut **FATS & OILS** **Plant Oils** Canola (rapeseed) oil flaxseed oil hemp oil walnut oil **Fish Oils** all fish oil, including: cod liver oil herring oil menhaden oil salmon oil sardine oil seal oil whale oil **BEVERAGES** water, all, water, distilled water, mineral water, mains potable water, purified	**Sauces and Dips** guacamole **Meat Substitute** mycoprotein (Quorn) **FRUITS** bilberry blackberry blackcurrants blueberry cherry cranberry, fresh elderberry gooseberry grapefruit nectarine raspberry redcurrants strawberry, wild whitecurrant **MEAT, FARMED** goat rabbit **MEAT, OFFAL** tripe kidney **MEAT, GAME** bison boar, wild buffalo caribou deer (venison) elk horse moose **MEAT, EXOTIC** crocodile escargots (snails) frog's legs turtle	emu ostrich **POULTRY, WILD** partridge pheasant quail duck, wild goose, wild pigeon **FISH, FINFISH** all other fish including: caviar cod haddock halibut monkfish orange roughy pike pollock roe sea bass sea bream skate tuna, canned tuna, fresh except col 1 turbot **FISH, SHELLFISH** all shellfish, including: calamari crab crayfish cuttlefish lobster mussels octopus prawns scallop whelks	**Sugar Replacements** isomalt lactitol maltitol mannitol sorbitol xylitol **Artificial Sweeteners** acesulfame K aspartame saccharin stevia sucralose **BEVERAGES** cocoa, with artificial sweetener coffee, Americano grapefruit juice sodas, non-cola, diet tomato juice, unsalted water, mineral, high sodium wine, dry, white wine, dry, champagne sherry, dry	tongue **SUGARS, SWEETENERS** honey, locust flower honey, yellow box **SALT & SODIUM** salt substitute yeast extract, Marmite yeast extract, Vegemite stock cubes, low salt **BEVERAGES** apple juice, fresh cider, dry coffee, espresso coffee, strong colas, diet fruit juices generally orange juice, fresh pineapple juice, fresh port sherry, sweet soy milk substitute spirits: gin, whiskey etc tomato juice, salted wine, dessert wine, sweet **FATS & OILS** **Plant Oils** palm oil, saturated	**MEAT, farmed** veal **POULTRY, farmed** chicken, buffalo wings chicken, drumstick chicken, wings turkey, drumstick turkey, wings **LEGUMES** beans, adzuki beans, all chickpeas (garbanzo) lentils, green/red peanut butter peanuts hummus (chickpea dip) noodles, Chinese bean peas **FATS & OILS** **Plant Oils** corn oil mayonnaise, lite mayonnaise, save col 2 peanut oil safflower oil spread, save col 2 sunflower oil **SALT & SODIUM** celery salt garlic salt seasoning, Maggi soy sauce stock cubes, all **BEVERAGES** beer, all types, styles cider fruit drinks liqueurs perry	tarts **Breakfast Cereals** all, except col. 2, incl: hominy muesli **Sundry** corn starch couscous pancakes pie crust popcorn rice cakes rice pudding semolina waffles **Pasta** all except col. 2 **VEG: STARCHY** potato, all types, styles **VEG:NON-STARCHY** **Condiments** chili pepper curry, hot **LEGUMES** peas, mushy soy, all products **FATS & OILS** **Plant Oils** hydrogenated oil, ALL margarine transfats, ALL **Animal Fats** butter cream lard shortening beef dripping	Mars bar muesli bars Nutri-Grain bar sweets, boiled toffee **SALT & SODIUM** bicarbonate of soda monosodium glutamate (MSG) salt, all **BEVERAGES** chocolate "drinks" cappuccino coffee, milk milk shake yogurt drink colas, classic fruit juices, sweetened sodas **DAIRY** buttermilk ice cream, all kinds milk, all species/types whey yogurt, all species/type **MEAT, FARMED** beef, all kinds lamb, all kinds pork, all kinds **MEAT, PROCESSED** beef burger cold meats, all frankfurter hamburger luncheon meat meat paste pate de foie gras salami, sausage Spam